

# GW Water Aerobics Schedule

Mon/Wed/Fri (One or Two Time a Week Options)		
8:15 – 9:10 a.m.	Aqua Fit & Tone with Linda	
9:20 – 10:15 a.m.	Aqua Fit & Tone with Linda	
Mon/Wed		
6:00 – 6:55 p.m.	Aerobic Water Exercise	with Calla
Tues/Thurs		
8:00 – 8:55 a.m.	Arthritis Water Exercise with Kathy	
8:30 – 9:25 a.m.	Deep Water Exercise with Vicki	
9:00 – 9:55 a.m.	Fibromyalgia Water Exercise with Kathy	
5:05 – 6:00 p.m.	Deep/Shallow Water Exercise with Bonnie	
6pm – 6:55 p.m.	Hydro Pilates with Calla	
Sat		
9:05 – 10:00 a.m.	Aerobic Water Exercise with Mike	

- **Sept 11 - Dec 22 – Fall Water Aerobic Session**
- **Nov 25 - 28 – No Classes**
- **SAVE \$8 Early Sign-Up for Winter Classes – Nov 30 – Dec 10**
- **Regular Registration for Winter Classes Dec 11 and on**
- **Jan 7 – Fall Punch Passes Expire**
- **GW is closed on Nov. 25; Dec. 24, 25 & 31; and Jan. 1**

## **Drop-In Rates**

Fairfax County Resident      \$12



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A

G.W. RECenter  
8426 Old Mt. Vernon Rd.  
Alexandria, VA 22309  
703-780-8894

## **Attendance Policy for Aquatic Exe**

Enjoy the flexibility with regard to class attendance at no additional charge. Students can use a punch pass for admission into any of the other aquatic exercise classes offered throughout the current session which have not reached maximum registration.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354

### **The punch pass system works like this:**

1. Students will register for the class they plan on attending most often, i.e., their “home” class.
2. Students must attend the first meeting of this “home” class. One ‘punch’ will serve for entry into each class attended. The balance of the punches may then be used for admission into this class or any other aquatic exercises at GW, space permitting.
3. Students will not be reimbursed for any unused punches after the session ends. Passes expire the day before a new session starts. Students may not use their punch pass at a different facility for a class. After the second class, refunds are only issued for medical reasons with proper paperwork from a doctor. To be considered for a medical refund, participants must turn in their punch card, fill out a refund request form available at the front desk and attach the doctor’s note with dates of injury.
4. **Students may use their punch pass for admission or for a different class during the session to make up for missed classes.**
5. **Cancellations:** When a class is cancelled students will be notified by either the instructor or the Center. If a class is cancelled last minute, before calls can be made, the student may request a credit or use a punch to workout on their own. For **snow policy** information, please ask for our policy handout.

This exercise class attendance policy offers you much more flexibility as you schedule home, work and personal commitments. This is just another way the Park Authority is working to accommodate your needs. Please take advantage of the additional opportunities this system provides you. Be adventurous, try new classes!

## **Winter Weather Policy for Aquatic Exercise Classes**

### **If Fairfax County Public Schools(FCPS) are closed all day:**

- FCPA scheduled classes are canceled.

### **If FCPS open two hours late:**

- FCPA scheduled classes beginning before 11 a.m. are canceled; those beginning at 11 a.m. or later will operate as scheduled.

### **If Fairfax County Public Schools open two hours late on a MONDAY:**

- Schedule will be same as above except with the exception of classes for elementary aged children.

### **If FCPS close two hours early:**

- FCPA scheduled classes are canceled from noon on, including evening activities.

### **If FCPS do not dismiss early, but cancel all after school and evening programs:**

- FCPA scheduled classes are canceled from 2:30 p.m. on, including evening activities.

### **If FCPS do not dismiss early, but close their buildings to community use after a designated time:**

- FCPA scheduled classes are canceled from the designated time on for the remainder of the day.

### **If FCPS cancel weekend activities:**

- FCPA scheduled classes are canceled for the weekend.